

Savory Cashew Spread



<10 minutes



4 servings



Ingredients

- 1 cup cashews (soaked about 2 hours and drained, almonds can be used as well)
- ¼ cup water
- ¼ cup olive oil
- 2 cloves garlic (crushed)
- 3 Tbsp thyme
- 1 Tbsp rosemary
- ½ tsp parsley
- ½ tsp sage
- ½ teaspoon sea salt
- pepper to taste

Preparation

Combine all the ingredients into a food processor and mix for 2-3 minutes until the spread is smooth and creamy. Place the spread into a bowl and chill until ready to serve (about 30-45 minutes). Garnish with fresh thyme or paprika.



You'll think this spread is a hearty cheese... but it's not. This non-dairy spread is terrific with your favorite crackers, in a sandwich, or for dipping veggies.

- Protein & Fiber (cashews,)
- Vitamins & Minerals... E, K, B6, Selenium, Copper (cashews)
- Healthy Fats (olive oil)
- Immune Boost (garlic)